

### Stay Calm

- Although the H1N1 virus has infected many people worldwide, the severity of disease is similar to what we typically see with the seasonal flu.
- Most cases are mild and only require rest, fluids, and some time to get well. Use common sense and seek medical attention if your symptoms become worse or don't improve.

### Stay Informed

- Local, state, and Federal agencies, including the NPS, are doing a lot to help keep you and our visitors well, but no matter what we are or are not doing, you can best help by staying informed.
- Use this website and [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) to keep up on the latest information and guidance.

### Stay Clean

- Practice good personal hygiene (cover your cough; wash your hands; avoid touching your eyes, nose, and mouth; and use an alcohol-based sanitizer to supplement hand washing).
- Clean frequently-touched items and surfaces with standard cleaning agents and methods .

### Stay Home

- if you become ill with flu-like symptoms (fever with cough or sore throat), stay home for at least 24 hours after your fever is gone.

### Stay Vaccinated

- Get the seasonal flu vaccine.
- If eligible, get the H1N1 flu vaccine once it is available.